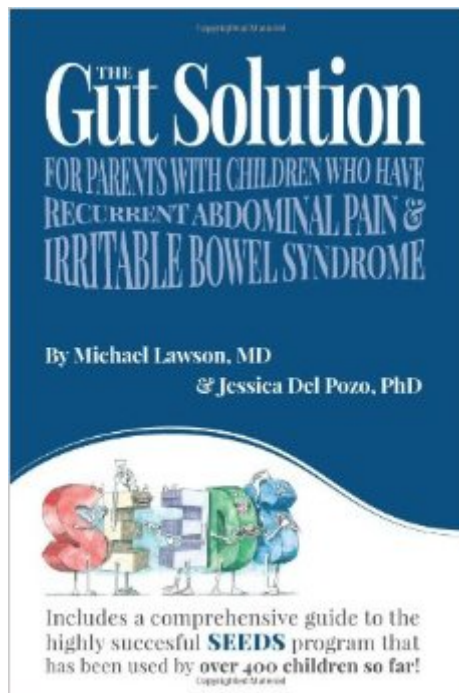


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# The Gut Solution: A Guide For Parents With Children Who Have Recurrent Abdominal Pain And Irritable Bowel Syndrome



## Synopsis

Children suffer and parents worry when stomach pain, diarrhea, constipation, indigestion, and bloating become chronic and these problems can be disruptive to the whole family. In an age of advanced medical technology, why are so many children still suffering? In *The Gut Solution*, Drs. Lawson and Del Pozo reveal the best solution available for functional gastrointestinal disorders like irritable bowel syndrome (IBS) and recurrent abdominal pain (RAP). Their program, SEEDS, encompasses the essential information and guidance to help families manage these common and often difficult digestive problems. *The Gut Solution* walks parents and caregivers through SEEDS (Stress Management, Education, Exercise, Diet & Sleep) clearly explaining not only the underlying physiological and biological issues at play, but the neurological, behavioral, and emotional factors in irritable bowel syndrome and abdominal pain and most importantly, what can be done about it. SEEDS is a highly successful program that has been taught to more than 400 children since 2006 with sustained positive results. The results were presented and received critical acclaim at the prestigious AGA Research Symposium at Digestive Disease week in Orlando, Florida in 2013.

## Book Information

Paperback: 144 pages

Publisher: Lemke Health Partners; 1 edition (January 8, 2014)

Language: English

ISBN-10: 0615879756

ISBN-13: 978-0615879758

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars Â Â See all reviews Â (18 customer reviews)

Best Sellers Rank: #848,679 in Books (See Top 100 in Books) #69 in Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Irritable Bowel Syndrome #1532 in Â Books > Health, Fitness & Dieting > Children's Health

## Customer Reviews

Finally! Easy to read information and solutions for my daughter's long undiagnosed IBS. Years of hearing multiple, MULTIPLE doctors and professionals repeatedly tell my daughter, and myself that it's "all in our heads", and filtering through the tedious amounts of medical jargon online have come to an exhausting end with this guide. I am SO extremely grateful for the solutions this guide and SEED offers! It has made a difference in my daughter's life, and our family as a whole! Thank you to

Drs. Del Pozo and Lawson!

Although this book was written for parents with children who have digestive problems, it provides clear information about causes and solutions for anyone with IBS. I have been diagnosed with this, and was getting anxious to find help with controlling the causes and symptoms. Dr. Lawson's book was a great help, his writing is clear and easily understood. I feel this book would help anyone with IBS.

Like a previous reviewer, I like that the book shows IBS is not in your head; the issues are real. I like the chapter reviews which summarize each section and that the authors cover all the possibilities of diagnosis of IBS symptoms. This book focuses on how family can help IBS patients and once a medical diagnosis of IBS is made, all the possibilities that help the issues and reduce doctor visits and tests that aren't helpful with symptoms. Nancy

This is a well written book that compiles the evidence and presents a solution for a very difficult problem in medicine. Dr. Lawson's style of writing is easy to read and enjoyable. He has practiced medicine for 30 years and is well respected by his peers. He is able to distill the essence of the problem into straightforward language. His chapters are well organized and are chock full of valuable information. This is a must read for any parent.

After a very difficult year of worry, weight loss, doctors, specialists, countless tests and even two upper endoscopies this book was recommended by our pediatric GI. This book made me understand how to manage the condition instead of letting it run our lives. It gave me confidence that we were not missing anything, we did not need to continue on a quest to find some mysterious disease. RAPS & IBM are conditions that have to be managed, reading it gave us direction and we were able to help our child start addressing the issues that were leading to the constant flair up of RAPS. Not only do we understand our child much better now, more importantly she understands herself much better and is learning that mental and physical health are interwoven and that she knows what work she has to do to feel good. These conditions are not about food. Every person that suffers from RAPS or IBM should read this book.

This book summarises a mountain of scientific data into a crystal clear explanation of what we currently understand about IBS, and offers an approach to management successful in the setting of

a large institution but with strategies that can also be used by those of us in private practice. It can help not only children and their families struggling with this problem, but also clinicians looking for a more organised approach to managing them.

The information in this book was helpful for me both as a parent as a teacher. I found it easy to understand and navigate through, with practical ideas for adjusting habits, mindsets and lifestyle choices in order to enhance the health of your kids and family. It was especially refreshing to read an informational "health" book that wasn't too oversimplified or loaded with incomprehensible jargon. I would recommend the book to any parent, teacher or health professional.

This book is a wonderful guide for parents of children with IBS. It is written in clear and understandable language and dispels some of the myths around IBS. The 5 components of the successful SEEDS program (Stress Management, Education, Exercise, Diet & Sleep) really address the whole person and the mind/body connection. I would highly recommend this book!

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